

# Upcoming Events

## HAVE YOU HEARD...

### Diabetes Support Group

St. Regis Mohawk Health Services  
Admin Board Room  
Start Time: 6:30pm

1st and 3rd Wednesday of each month  
April 20th Guest Speaker Theresa Gardner, FNP  
Open to the Akwesasne community, all ages  
welcome, diabetics and anyone affected by  
diabetes encouraged to attend.

Local health professionals will provide weekly  
education sessions and answer diabetes  
related questions.

358-6091 for more information

Guided Relaxation Session before each  
meeting at 6:15-6:30.

### ~\*FREE ZUMBA CLASS\*~

Zumba Gold Instructor-Jamie Ross

Monday-4:30-5:30pm  
St. Regis Recreation

Tuesday-5:30-6:30pm  
Let's Get Healthy Program

Wednesday-4:30-5:30pm  
St. Regis Recreation

Thursday-5:30-6:30pm  
Let's Get Healthy Program

Anyone can join, come give it a try!  
You never know, you might like it!



### TURN OFF TV WEEK EVENT

April 22nd  
KIDS NIGHT OUT!

An evening of fun for the kids, celebrating good  
times without a TV!



For More Info Contact:  
Melerena Back-ACDP  
358-2967

### GARDENS!

The MHHP program will again provide  
MHHP participants with plants for their  
summer gardens. We expect to have plants  
ready for distribution in late May. We will  
also be hosting gardening workshops to assist  
you in your planting. Notices will be sent as  
dates are confirmed. If you have any  
questions or suggestions, please call the office  
at 358-6091.

### NEW FACES NEEDED!!!

Looking for MHHP participants interested in being a  
role model for a new "red dress" campaign.

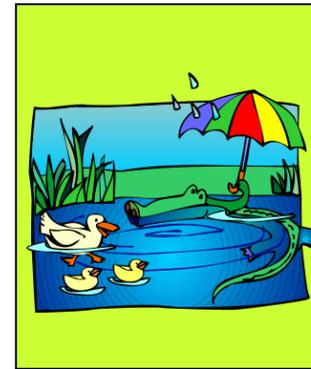


Please contact Susan Gale, RN 358-6091

GUIDED  
RELAXATION  
SESSION  
BEFORE THE  
DIABETES SUPPORT  
GROUP MEETINGS  
6:15-6:30PM  
ADMIN BOARD  
ROOM



Helping Build a Better  
Tomorrow



Onerahtokha/April  
2011

Mohawk Healthy Heart Project  
Heart to Heart Fitness Center  
358-6091

Diabetes Grant  
Former LBM Lumber Building  
358-9667

Let's Get Healthy Program  
"Tsitewatakari:tat"

### Tips and Tricks for Checking Your Blood Sugar

1. **Test regularly**-by checking your blood sugar often you can track the effectiveness of your medications, make decisions about your meals or exercise and ward off a low or a high blood sugar.
2. **When to test**- your testing schedule is usually a decision made by you and your healthcare team. If you are on insulin you will have to check several times per day, usually before meals and 2 hours after meals. If you are well controlled and not on diabetes medications you may have to check a few times per week. If you feel shaky, dizzy or have a sudden illness you should check your blood sugar.
3. **Location of blood draw**-typically diabetics draw their sample of blood from their finger tip using a spring loaded lancet. A sample taken from the side of the finger is less painful than one taken on the "pad" of your finger, where it gets the most use. Sometimes a sample can be taken from the arm, thigh or hand, but these are not as accurate if blood sugars are changing rapidly.
4. **Proper way to check blood sugar**- wash your hands with warm water. Shake your hand below your waist a few times, to get blood to the tips of your fingers. Gently squeeze your finger, use a fresh lancet for each finger stick. Wipe away the first drop of blood and use the second drop of blood on the test strip. Avoid squeezing the blood from your finger as this can result in a higher blood sugar reading. If the sample is too small, increase length of the lancet using the turn dial on your lancing device.
5. **Calibrate your meter**- make sure the code on your meter matches the code on your test strip bottle. Check to make sure the date and time are accurate on your meter, this helps your health care team make sense of the numbers when they are downloading your results.
6. **Accuracy**-always bring your meter with you to your appointments. Your healthcare provider may ask you to check your blood sugar in front of them to make sure you are doing it correctly. Avoid letting family members use your glucometer, each person should have their own glucometer, that way the results are individual to each patient.  
Info from: cvshealthresources.com

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1st Graders at the St Regis  
Mohawk School



Trying fresh fruit & veggies



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# Nutrition Page

## Sugar In Easter Candy (teaspoons)



### Jelly beans-

35 beans, 8.75 tsp

### Peeps-

5 chicks, 9 tsp

### Reese's Egg-

1 egg, 4 tsp

### Cadbury Mini Eggs-

12 eggs, 6.5 tsp

### Cadbury Crème Egg-

1 egg, 6.25 tsp

### Whopper Robin Eggs-

12 eggs, 3.75 tsp



### Recommendation

for a healthy adult following a 2,000 calorie meal plan is no more than 8 teaspoons from added sugar per day!

## A review of the \*new\* US Dietary Guidelines

These guidelines come from the US Department of Agriculture (USDA) and the Department of Health and Human Services. (HHS)

The new guidelines provide recommendations for reducing America's weight problem by cutting calories and boosting physical activity with a total lifestyle approach.

### Eat More of This:

**Seafood** at least 8 ounces per week

**Whole grains** in place of refined or "white" grains

Consume more **non fat or low fat dairy**

Choose **healthy oils**(olive & canola) over solid fats (butter, stick margarine or lard)

Fill your plate with **more fruits and vegetables**

Replace high fat meats (tenderloin, prime cuts) with **lean meat** (wild game, sirloin beef, skinless poultry)

Eat **more beans and peas** (black beans, kidney beans, edamame, lentils)

Get plenty of **fiber, potassium and vitamin D**

### Eat Less of This:

**Salt** (from salt shaker or from packaged/canned foods)

**Fast food**

**Alcohol** (limit 1-2 drinks per day)

**Saturated fats** (high fat animal products)

**Trans fats** (stick margarines, baked goods)

**Added sugars** (candy, desserts, sugary drinks)

**Refined grains** (white bread, white pasta, white rice)

**High fat dairy** (whole milk, half and half, cheese)



## Fill your cart with healthy foods!

### It adds up...

The creamer and sugar added to your coffee really adds up so be

**AWARE!**

2 creamers—40 calories

2 sugars-19 calories

info:caloriecount.about.com



## Vegetarian Chili- Recipe Submitted by Elvera Sargent

Won 2nd place at the Akwesasne Winter Carnival!- Way to Go Elvera!

### Ingredients:

2 stalks celery, sliced

1 medium zucchini

1 medium summer squash

1 clove garlic, minced

1 TBSP olive oil

2 (14 ounce) cans kidney beans, drained and rinsed

2 (14 ounce) cans black beans, drained and rinsed

1 (28 ounce) can low salt diced tomatoes

1 jar lower salt salsa, mild or hot depending on your taste.

### Directions:

Sauté zucchini, summer squash, celery and garlic in olive oil until tender. Set aside.

Add beans, tomatoes and salsa to a large soup pot. Simmer for 40 minutes. Add in sautéed vegetables and continue to simmer on low for 20 minutes.

**\*\*Optional\*\***

May use 1/2 pound of ground turkey breast or lean ground sirloin beef.

Sautéed onions, 1 tsp cumin, black pepper to taste.



## Stress and Related Services Offered by the Saint Regis Mohawk Health Services

Stress can affect both your physical and mental health. Not all stress is bad, and too much stress is not good!! We all experience some level of healthy stress. When stress starts to have negative influence on one of your major areas of life (home/family relationships, school/work, physical/emotional health, etc.) then stress may be a problem. Studies show that high levels of personal stress can lower the immune system making sufferers more susceptible to illness, such as the common cold. For individuals with on-going health concerns such as diabetes, stress may leave you distracted and unable to follow-through with the level of care needed to attend to your medical needs. This includes difficulty in maintaining a healthy diet. Nutrition may become an issue for individuals who tend to turn to food or "emotional eating" in times of stress. Newly diagnosed diabetes patients may experience overwhelming feelings of stress due to change in diet, feelings of loss, increased responsibility, and even depression. Proper stress management and appropriate coping skills are key to maintaining a healthy balance in both physical and emotional health. Some simple stress reduction activities include simple breathing exercises, meditation, and physical exercise, getting enough sleep, as well as maintaining a healthy diet.

### Here is an example of a simple breathing technique:

The "***Darth Vader Breath***" – Breathe deeply as though you are trying to fog up a mirror in the back of your throat. Exhale as though you are trying to fog up a mirror in front of you. As you breathe, keep your shoulders down and fill your stomach like a balloon. This gives off a sound much like the one made by the *Star Wars* villain, Darth Vader. The sound helps in another way by giving you something upon which to concentrate.

If you feel you are in crisis or your stress is overwhelming making it difficult to manage day to day activities, please contact a mental health professional for assistance. In an effort to support anonymity and yet promote wellness, the Saint Regis Mohawk Mental Health Program is endorsing an online screening tool that is free, easy to use, and accessible 24/7. The website is [www.mentalhealthscreening.org/screening/STREGIS](http://www.mentalhealthscreening.org/screening/STREGIS). The website provides a quick screening for depression, alcohol abuse, bipolar disorder, eating disorders, generalized anxiety disorder, posttraumatic stress disorder, and a brief screening for adolescent depression (to be filled out by parent). Funding for this campaign is being provided by a grant from the Methamphetamine and Suicide Prevention Initiative (MSPI) Demonstration Project Award which being sponsored by Indian Health Services (IHS) and is intended to prevent suicide and broaden awareness to the dangers of drug use. With the help of MSPI, we are hoping to assist the public in recognizing that there are services available for those in need.

For any questions regarding this screening, or to make a referral for services, please feel free to call the Saint Regis Mohawk Mental Health Program offices.

KANIKONRI:IOHNE

"Good Mind Counseling Center"

Saint Regis Mohawk Mental Health

Telephone: (518) 358-3141 extension 160

Article Submitted By: Melissa Jacobs



Diabetes  
Alert  
Day  
2011



# Nursing Notes

# Fitness Page

## Reducing Stress

April is stress awareness month. Stress related mental disorders have been called the fastest-growing work related disease in the U.S.

Stress is your body's natural reaction to any kind of demand that disrupts life. In small doses, stress is good. Long term stress can cause mental health disorders, like depression and anxiety, obesity, heart disease, high blood pressure, and a weakened immune system.

### Try these helpful tips to reduce stress:

#### Develop a new attitude:

- Become a problem solver, make a list and tackle small problems first.
- Be flexible, sometimes it's not worth the stress to argue.
- Get organized, write a to-do list.
- Set limits; don't be afraid to say NO.

#### Relax:

- Try deep breathing
- Stretch
- Massage tense muscles
- Take time to do something you want to do, listen to music, read a book etc...

#### Take care of your body:

- Get enough sleep, it helps recover from the day.
- Eat right, fruits, vegetables, whole grains, and beans.
- Get moving, physical activity can improve mood, relax muscles, and relieve symptoms of depression
- Deal with stress in healthy ways. Avoid alcohol, drugs, smoking, and overeating

Article Submitted By: Heather Garrow  
For more information, visit <http://www.helpguide.org>



## Hemoglobin A1C

The A1C test is a common blood test used to diagnose type 1 and type 2 diabetes and then to gauge how well you're managing your diabetes. The

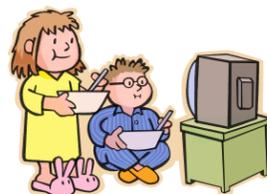
A1C test goes by many other names, including glycated hemoglobin, glycosylated hemoglobin, hemoglobin A1C and HbA1c.

The A1C test result reflects your average blood sugar level for the past two to three months. Specifically, the A1C test measures what percentage of your hemoglobin — a protein in red blood cells that carries oxygen — is coated with sugar (glycated). The higher your A1C level, the poorer your blood sugar control. And if you have previously diagnosed diabetes, the higher the A1C level, the higher your risk of diabetes complications.

Ideally your A1C should be less than 7%. Please check with your healthcare team if you have any concerns.

## Turn Off the TV Week is April 18-22

- Family Alternatives:
- Visit a local playground.
  - Check out the walking trail.
  - Try public swimming.
  - Go for a walk.
  - Give Zumba a shot!
  - Go bowling.
  - Have fun outside!



## Geocaching 101— the basics

In the past, during the 2010 summer season we featured a few fitness articles on geocaching and had no takers... With spring here, and the snow is melting I thought this would be a good time to mention this fun, interactive, outdoor activity once again.

If you have any questions about geocaching, what you need to get started or how to access the online website please don't hesitate to shout for help! -Heather

Geocaching (pronounced geo-cashing) is a worldwide game of hiding and seeking treasure. A geocacher can place a geocache anywhere in the world, pinpoint its location using GPS technology and then share the geocache's existence and location online. Anyone with a GPS device can then try to locate the geocache.

*It is a great family friendly way to get out of the house, explore nature and get some exercise.*

### Before Heading Out

1. Buy, rent or borrow a GPS device (or download geocaching app to a smart phone)
2. Register for a free basic membership at [www.geocaching.com](http://www.geocaching.com)
3. Click "Hide & Seek a Cache."
4. Enter your postal code and click "search."
5. Choose any geocache from the list and click on its name, look at the terrain and difficulty, any clues given and the reviews by others who have found the cache recently.
6. Enter the coordinates of the geocache into your GPS Device.
7. Pack a hiking bag, with a pencil, camera, bug spray, snack, water bottle and a small first aid kit.
8. Wear sturdy sneakers/hiking boots depending on where you are headed.

### Once You Are Out

1. Use your GPS device to assist you in finding the hidden geocache. Can be hidden on trails, mountains, walking paths, playground, beaches etc... usually hidden on public land.
2. Sign the logbook and return the geocache to its original location.
3. Some people take a picture at each cache they find as a way to remember their adventure.

### Speaking the "Geocaching Lingo"

**A geocache or cache**— is the treasure that you are looking for, usually a weatherproof box or container. That contains at least a logbook, maybe some "swag" and a pen or pencil.

**Swag**— goodies found inside a geocache. Small toys, trinkets, coins etc... If you take something you must leave something of equal value.

**Logbook**— found inside a cache to keep track of who has found the cache, usually you choose a "geonick."

**Geonick**— is a nickname chosen by the geocacher to keep their identity hidden.

**TNLN**—took nothing left nothing

**TFTC**—thanks for the cache

**TFTH**— thanks for the hunt

**FTF**— first to find, often there is a prize in the cache for the first person that finds the cache.

**DNF**—did not find, sometimes caches are destroyed by weather, wildlife or moved by inconsiderate people that don't understand the game.

### Where Can I Find a Geocache?

There are several geocaches within 20 miles of Akwesasne, including one right here, several in Massena, Malone and Ontario and a few in Brasher, Brushton, Westville and Constable. There are several in the Adirondack Park that don't require hiking/climbing

For More Info: [www.geocaching.com](http://www.geocaching.com) or stop in and see Heather Pontius at Mohawk Healthy Heart Project.



# Flavors of Spring

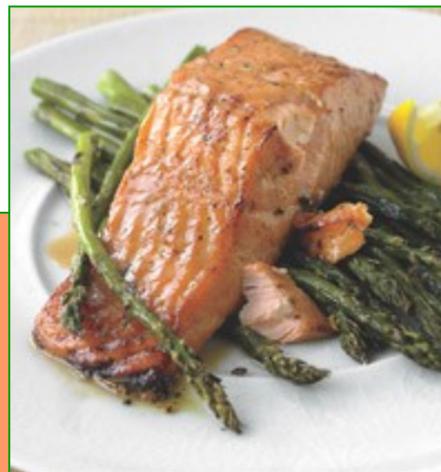
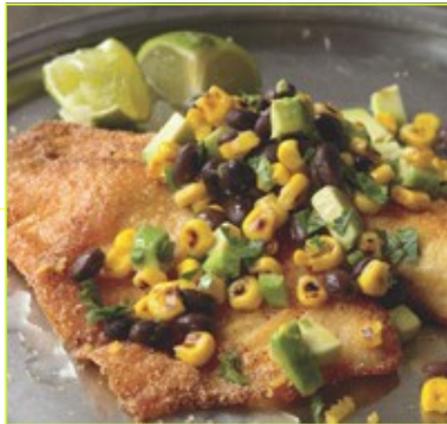
## Cornmeal Catfish with Corn Salsa

### Ingredients:

4 tsp canola oil  
 3/4 cup frozen corn kernels (thawed)  
 1 can black beans, drained and rinsed (16 oz)  
 1 avocado, pitted and cut into cubes  
 Juice from 1 lime  
 1 jalapeno (seeded & minced)  
 Black pepper (to taste)  
 1 cup cornmeal  
 1/8 tsp cayenne pepper  
 4 catfish fillets  
 (flounder or tilapia make good substitutes)

### Directions:

Heat 1 tsp oil in a medium saucepan over medium high heat. Add the corn kernels and cook, stirring occasionally until they are golden brown. Add the beans and warm through. Transfer to a bowl and stir in avocado, lime juice, jalapeno and black pepper.  
 Pour the cornmeal onto a large plate, season with cayenne pepper and black pepper. Dredge the fillets until evenly coated. Heat the remaining oil in a skillet or pan over medium heat. When the oil is hot, add the catfish and cook 4-5 minutes per side until coating is golden and crispy. The fish should flake easily. Serve the fish topped with salsa.



## Honey Mustard Salmon with Roasted Asparagus

### Ingredients:

1 TBSP butter  
 1 TBSP brown sugar  
 2 TBSP Dijon mustard  
 1 TBSP honey  
 1 TBSP low sodium soy sauce  
 2 tsp olive oil  
 Black pepper to taste  
 4 salmon fillets

### Directions:

Preheat the oven to 400°. Combine butter and brown sugar in a bowl and microwave for 30 seconds, until both have melted together. Stir in mustard, honey and soy sauce. Heat the oil in an oven proof skillet over high heat. Season salmon with pepper and add to the pan, flesh side down. Cook for 3-4 minutes until fully browned and flip onto skin side. Brush with half the glaze and place the pan in the oven until salmon is firm and flaky, but before the white fat forms on the surface, about 5 minutes. Remove from the oven and brush again with rest of glaze. Serve with Roasted Asparagus (**recipe on next page**)

*If you do not have an oven proof skillet, transfer fish to a non stick baking sheet or casserole dish that has been sprayed with non stick cooking spray.*

Compare	
Outback Steakhouse Salmon Griller	1,126 calories
	25 grams saturated fat
	1,567 mg sodium
<u>This recipe</u>	370 calories
	6 grams fat
	530 mg sodium



## Roasted Parmesan Asparagus

### Ingredients:

1 bunch of asparagus (1.5 pounds)  
 1 TBSP olive oil  
 2 TBSP fresh grated parmesan cheese  
 Black pepper to taste  
 Juice of 1 lemon

### Directions:

Preheat the oven to 400°. Hold the asparagus spear at both ends and bend the bottom until the tough woody section snaps. Using that spear as a guide, use a knife to remove the bottoms of the rest of the bunch.  
 Place the asparagus in a baking dish. Drizzle with olive oil sprinkle with Parm cheese and pepper. Toss to coat. Roast until tender about 10-12 minutes. Remove from oven and sprinkle with lemon juice.



*Young, skinny stalks of asparagus are more tender and flavorful than large, woody stalks.*

## Did You Know... Rhubarb is a vegetable?

Botanically speaking, rhubarb is referred to as a vegetable, however we most often treat it as if it is a fruit, giving it the nickname, pie plant, as this is what it is most commonly used for.

Just like fresh cranberries, rhubarb is unbearably tart on its own, and must be sweetened with sugar/sugar substitutes, honey or juice to balance the acidity before eating it.

Field grown rhubarb is referred to as "cherry rhubarb" and starts appearing in the grocery stores in March and can be found there through the summer. Early spring stalks are the juiciest and sweetest, as the stalks mature and become woody, they are less juicy.

## Choosing Rhubarb

Choose stalks that have been pulled from the ground not cut as they last longer. Size is not an indicator of flavor, look for color. The darker red the stalk the sweeter it will taste.

## Storage

Wrap rhubarb stalks in plastic wrap and keep in the coolest part of the refrigerator for up to one week. If you find yourself with more than you know what to do with, cooked and raw rhubarb freeze well.



## Nutrition Information:

(1/2 cup raw)  
 Calories: 15  
 Fat: 0 grams  
 Cholesterol: 0 grams  
 Sodium: 0 grams  
 Carbs: 3 grams  
 Sugar: 1 gram  
 Fiber: 1 gram  
 Protein: 1 gram

I am sure many of us can recall using rhubarb like a fun dip stick... licking it, putting it in a bowl of sugar or salt and taking a bite.

With each teaspoon of sugar added to rhubarb you are adding 4 grams of sugar!!